

Breathing for Performance

Something that is quite obvious is the fact that breathing is essential to life. Controlled, conscious breathing has the benefit of relaxing muscles and reducing stress. Many believe it is useful in the management, perhaps cure, of some physical ailments and disease.

Is your method of breathing making you sick, stealing your energy, hampering your productivity or shortening your life?

Most breathing exercises are taught by breathing deeply through the nose and abdominal, but there are many different ways to breath.

Next Level Athletics and Fitness teaches an individual how to breath for performance by providing instruction on the following in an easy to follow and understandable presentation:

- Inhaling, exhaling and pausing
- Belly breathing
- Chest breathing
- Combo chest and belly breathing
- Exercises to strengthen breathing muscles
- Breathing for exercise
- Breathing for recovery
- Breathing to focus
- Breathing and posture
- Recognition of when you are not breathing fully